



THE DR. G.W. WILLIAMS SECONDARY SCHOOL

York Region District School Board



PHYSICAL AND HEALTH EDUCATION DEPARTMENT

GRADE 10 HEALTHY ACTIVE LIVING

Course Code: PPL208/09 (girls/boys)

Level: Open

Prerequisites: None

Credit Value: 1 Credit

Courseware Developed by: The Physical and Health Education Department

Courseware Reviewed yearly by: The Physical and Health Education Department

Ministry of Education Document: The Ontario Curriculum, Grades 9 and 10, Health and Physical Education, 1999

Course Resources:

Text Book: Healthy Active Living, Temerzoglou, Ted., Thompson Educational Publishing, Toronto, 2007

O.P.H.E.A. Grade 10 Supplement

Accessing Course Outlines and Curriculum Policy Documents:

School Website: <http://drgwilliams.ss.yrdsb.edu.on.ca/>

Ontario Ministry of Education: <http://www.edu.gov.on.ca/>

COURSE DESCRIPTION: This course emphasizes regular participation in a variety of enjoyable physical activities that promote lifelong Healthy Active Living. Students will learn movement principles and sport/game strategies to refine skills, and actively participate in sports and games to enhance their personal competence and fitness. They will investigate and examine issues related to healthy sexuality, healthy eating, substance use and abuse, and will participate in activities designed to apply informed decision making, conflict resolution and social skills in making personal choices.

Each student must wear a proper school uniform for physical education classes. These are available at registration and at the school store.

COURSE FEES

Uniform Package :\$28.00 includes 2 shirts and 1 pair of shorts
(or shirt \$10.00 and shorts \$15.00)

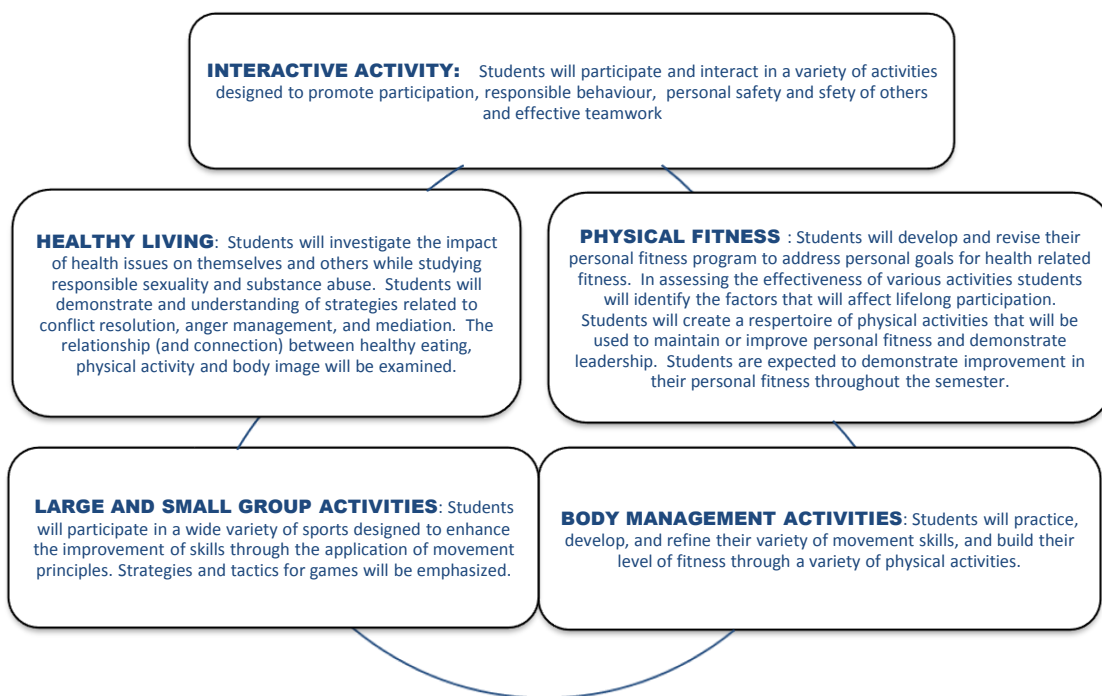
Physical And Health Education Department Members:

Ms. S. Milburn - Subject head,

Mr. K. Bulmer, Ms. S. Crabtree,

Mrs. N. Mann, and Mr. K. Ravelle

UNITS OF STUDY



OVERALL CURRICULUM EXPECTATIONS

This course is divided into the following four strands.

Within each strand the students will be expected to:

PHYSICAL ACTIVITY:

- demonstrate personal competence in applying movement skills and principles;
- demonstrate knowledge of guidelines and strategies that enhance participation in recreation and sport activities (i.e. soccer, football, basketball, volleyball, badminton)

ACTIVE LIVING:

- Participate regularly in a balance instructional program that includes a wide variety of enjoyable physical activities that encourage lifelong participation
- Demonstrate improvement in personal health-related physical fitness
- Demonstrate responsibility for personal safety and the safety of others

HEALTHY LIVING:

- explain strategies to promote positive lifestyle choices and relationships with others
- demonstrate understanding of the factors affecting human sexuality as it relates to themselves and others
- demonstrate understanding of the issues and coping strategies related to substance use and abuse
- explain how healthy eating fits into a healthy lifestyle.

LIVING SKILLS:

- Identify ways of taking appropriate action in new situations based on knowledge of positive decisions related to healthy active living
- demonstrate understanding of conflict resolution, anger management, and mediation
- use appropriate social skills and positive attitudes when interacting with others.

INSTRUCTIONAL STRATEGIES

Instructional strategies may include Game Play, Demonstration, Socratic Teaching, Note Taking, Group Work, Presentation, Drills, Practice, Discussion and Peer Coaching.

ASSESSMENT AND EVALUATION

Students will be provided with specific DUE dates and ABSOLUTE DEADLINES for all assignments. The above Units of Study will constitute **70%** of the student's overall evaluation. Within each unit students will be assessed and evaluated under four achievement categories.

TERM WORK VALUE: 70%

| KNOWLEDGE AND UNDERSTANDING 20% | THINKING AND INQUIRY 10% | COMMUNICATION 10% | APPLICATION 60% |
|---|--|--|---|
| <ul style="list-style-type: none"> z Quizzes z Tests z Assignments z Diagrams | <ul style="list-style-type: none"> z Quizzes z Tests z Assignments z Diagrams z Strategies z Tactics z Labs | <ul style="list-style-type: none"> z Assignments z Presentations z Journals z Demonstrations z Team/Game play z Poster/pamphlets | <ul style="list-style-type: none"> z Daily Participation z Personal Fitness z Training Principles z Movement Skills z Safe Practices z Personal/Interpersonal Skill, including teamwork, fair play, and etiquette z Leadership z Initiative |

SUMMATIVE WORK VALUE: 30%

Summative Fitness Profile **8%**
 Fitness Testing **7%**
 Final Exam **15%**

LEARNING SKILLS & WORK HABITS

Students will be assessed throughout the course on their achievement in the learning skills areas. These assessments may be teacher, peer or self assessments.

(Abridged list of Learning Skills descriptors from Curriculum Guidelines for Grades 9 - 12)

| Responsibility | Organization | Independent Work | Collaboration | Initiative | Self-regulation |
|---|---|--|--|--|---|
| -completes and submits class work, homework, and assignments according to agreed-upon timelines - takes responsibility for and manages own behaviour | - devises and follows a plan and process for completing work and tasks - establishes priorities and manages time to complete tasks and achieve goals | -uses class time appropriately to complete tasks -follows instructions with minimal supervision -independently monitors, assesses and revises plans to complete tasks and meet goals | -responds positively to the ideas, opinions, values and traditions of others -shares information, resources and expertise and promotes critical thinking to solve problems and make decisions | -demonstrates the capacity for innovation and a willingness to take risks - demonstrates curiosity and interest in learning -approaches new tasks with a positive attitude | -sets own individual goals and monitors progress towards achieving them -seeks clarification or assistance when needed -identifies learning opportunities and strategies to meet personal needs and achieve goals |

 Please sign below to indicate that you understand and accept the evaluation policies

Please provide the contact information below

STUDENT NAME(print) _____ Date: _____

Parent/Guardian Name (Print) _____ Signature: _____

Parent e-mail _____

***** PLEASE RETURN THIS FORM TO THE TEACHER**